Dr. Rajan Sankaran

SUPERCLASSES

Quick Guide 2025

Homoeopathic Medical Publishers

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Type	Oyster	Snail	Bird	Dog	Horse	Lion
Dynamic	Withdrawal and Clinging	Open and Closed	Limit and Expand	Stability and Security	Restless Must get out	Fight and Flight
Response	Shutting off Closing down Turns within Cut off Disconnected from the outer world	Close yourself within alternating with seeking sensory stimulation	Stay within limit/ boundary/barrier	Seeks stability/ foundations Cautious	Movement and getting out of confinement, entrapment or a tight place Takes risks	Destructive and violent Aggressive Never gives up Fight till the finish
Fear	To face the outer world Feeling of vulnerability Agoraphobia	That the outside stimulus may be too much to bear	Leaving the boundary, crossing the line Losing protection, care and nourishement Not coming up to expectations	Losing security and stability Family Health Loss of equilibrium Change Misfortune Punishment Loss Doing something wrong Breaking the rules Loss of reputation - resulting in monetary loss	Claustrophobia Suffocation Loss of performance/ ability/creativity Loss of reputation - resulting in doubts about one's skill and performance	Extreme situations Attack and trauma

Desires	Seclusion The comfort of close people Meditation Entertainment which cuts off from the outside world Safe zone To hold on to someone Likes cozy safe place where she has her own world Does not want to expose herself to outside world	Sensory stimulation while remaining within the safe zone	Caregiving/ Sympathetic To be inside a group or a safe protected nourishing space Provides motherly care for others and desires the same in return Seeks care, affection, and identity Wants to share and be understood	Secure environment Clear hierarchy No change Stability Status quo Steady routine Security in his house Family Career Health Risk averse Fear of poverty Reward	Movement Can't stay put Ambitious Achiever Performer Trendsetter Escape because they feel stuck and trapped Awards Appreciation Recognition	Roles of leadership and responsibility Thrills and adrenalin rush High risk activities Power
Situation	Someone who secludes themselves or shuts themselves in their own small world Isolating herself as small things affect largely	Opening up when feeling safe Exciting fantasies while remaining in a safe zone Bored wife of a rich husband	Limited by your relationship of care and nourishment Fulfilling others expectations as she cares so much about the expectations of others Self imposed limitation Changes her nature to adapt/ accommodate to others but feels limited by this change	Person doing same job for many years Routinist, staying in the same role for a long time Being part of the family business	Artist Scientist Actors High level IT professionals Moves on and achieves (no need for safety) Do not wish to enter again once they leave Rebel - going against the rule	A commander sending soldiers to battle or setting fire to the bridge while retreating from war A captain of the ship Like Hitler or a mafia boss 'Do or die' situations - massive attacks, trauma or shock A revolutionary who wants to overthrow authority

Feeling	Not living fully Disconnected from outside Intimidated by outside world so they have to stay inside a cocoon/ shell/womb	While in protection needs sensory stimulation and exhilaration Life in the safe zone is dull, grey, heavy, lifeless - but safe - while the outside is unsafe One has to balance between the two	Secure within boundaries Sometimes desires to cross the limit or have adventure Only way she will be taken care of is by living up to others expectations Available and helpful to others Constrained, confined and limited with desire for freedom Very conscious of looks and image	Anxiety related to job, money, family and health Constantly looking for threats to stability Seeks to be efficient but not creative	Trapped Stuck Suffocated Claustrophobic Brave as he is adventurous and explorer Push themselves and confront their fears Courageous Daring	Danger Attack Trauma Surrounded by enemies High ego
Additional sensation	Oversensitive to stimuli Anaesthesia Numbness	Heavy & light	Shrinking, becoming smaller Expanding and growing larger	Aversion to disturbance	Tightness Stiffness Bound Tied Caught The place of security has become dangerous and suffocating	Under big attack or threat Big blows, injuries and accidents High pressure

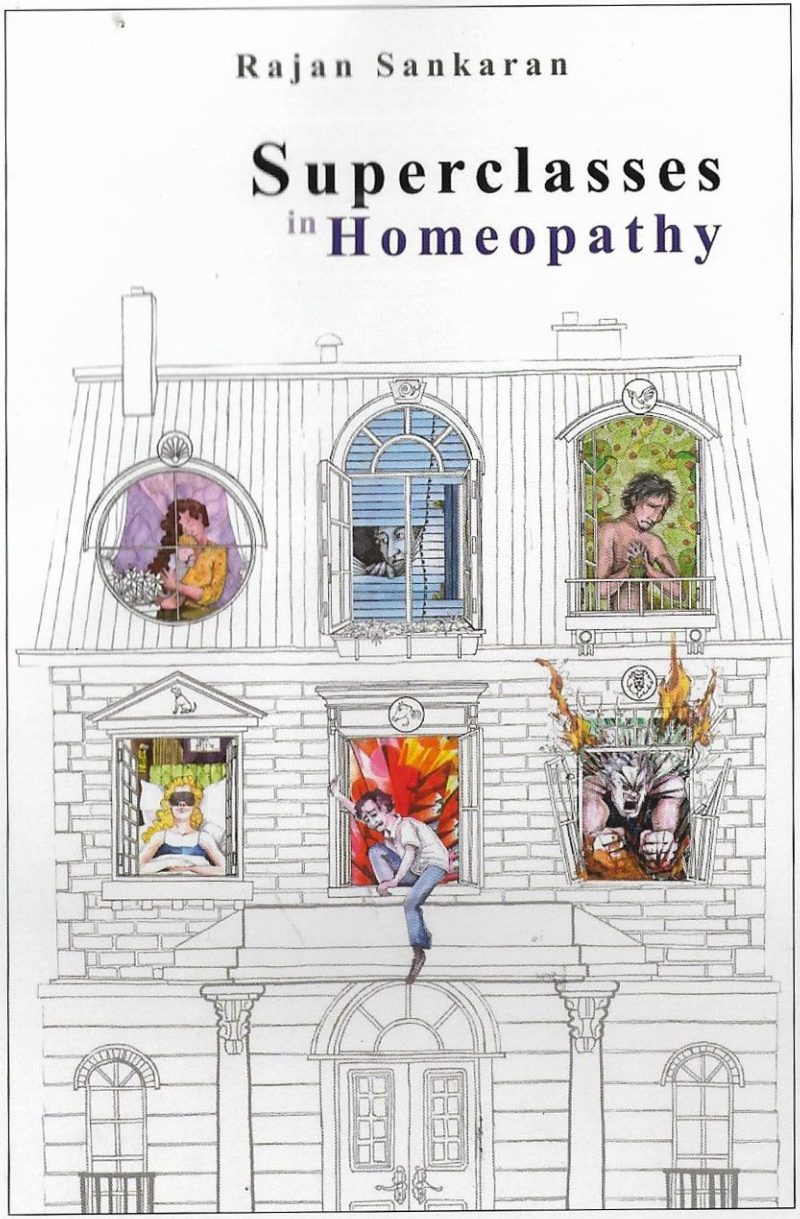
Mind						
	Reclusive Introverted Avoids conflict Confused Shy, timid	Great delight in small things Loves to relax and enjoy creative activities in a safe space Hollywood movies with stimulation and fantasies which can be watched in safety of home or cinema theatre Desires dancing singing, spirituality Desire to travel and stimulants	Desires to be useful Values and appreciation are crucial for doing the right thing, belonging, and forming bonds - which turn into servitude Questions their own sense of worth Does things that improve their worth in others' eyes Fears situations or places that might make them look bad or less valuable, in others' eyes so they avoid certain things Feels guilty for not doing enough for others according to their expectations Flies in a group Bird is in a cage which she has built herself - both physically and psychologically When birds are freed from their cage, they do not wish to fly very far Helpful with care and nourishment	Organized and efficient Avoids breaking the law Anything that endangers health or money makes them fearful Afraid of losing stability Self-centered Feels guilt as if they have done something wrong Helpful materially and financially Ambitious - focused on expanding what is stable	Always keeps changing to adapt, move forward, evolve, discover, and invent Restless and moves around a lot Cannot remain in one place or stick to one thought A crisis manager Hates routine work Thinks outside the box Wants to be exceptional or out of the ordinary Loves good opinions and applause Has a very high ego, considers themselves a highly gifted or special person Ambitious - takes risks, thinks outside the box, and creates something new	Individuals who accept responsibility for their actions, not just for themselves but also for those around them They make significant decisions with confidence Authoritative and controlling in general Approach problems head-on and confront them face-to-face Suicidal tendencies Egomaniacal or megalomaniacal - considers themselves as God or a God reincarnate

Example	Buddha	Walter Mitty	Florence Nightingale	John Doe	Edmund Hilary	Josef Stalin
Two polarities	Detached Anaesthetic Insensitive to pain and stimuli Seemingly unemotional or Oversensitive Fearful Dependant Unable to face the world	Daydreaming Desires vibrant sensations Artistic Alive Free spirited Curious and inquiring Extroverted or Dull Bored Dead Listless Introverted	Do I stay in the cage - restricted but protected - or should I go out into the world and adventure beyond the boundary? Individuality vs. Conformity	People who are insecure and fearful of something happening Afraid of any disturbance to their stable life or People who are stable, loyal and secure	Tied Tight Bound Claustrophobic or Free Creative Moving	Terror Fright Life and death situation Wants to escape or hide Feels alone and attacked or Strong dictator Aggressive Violent Attacking Shameless Leader
World	Lives in a very small world Not interested in global issuees but in smaller ones	Inside womb is safe but lifeless so desires to come out The question is, the outside is exiting but am I prepared to face it?	Their world is limited The limit gives them a sense of security	Their world is limited to things that affect them materially, as well as their health and stability - therefore they focus on local and national issues	They are at a global level but remain with their speciality	Concerned with global issues
Desired activity	Meditation	Fantasy Movies Imaginations Stories	Adventures within their limits or pushing their limits	Rest and relaxation in familiar circumstances with occasional travel	Feats of achievement and performance	Activities requiring leadership - social, political, organisational

Sociability	Reserved and limited to a very close circle	Reserved but likes the idea of excitement	Social for emotional support Needs bonds Caring and nurturing toward those they bond with A motherly attitude toward people	Social for job, health and material support Good neighborly relations enhance one's security Mutual dependence for material gain and financial reasons	Wants the company of a select few with whom he relates in terms of performance and creativity	Prefers to be with people who are under his leadership More fatherly Responsible attitude High ego
Type of relationship	One who provides the comfort zone, a layer of protection around me	One who provides a layer of protection as well as one from whose comfort zone I am able to experience and interact with the world	Someone who cares for me and understands me - for such a person I will give my all	Someone who provides me with financial stability, home stability and security - someone I can depend on	Someone who supports me while I create and perform	Someone I can dominate, someone who is like a slave
Animal group - Survival strategy	Bivalves Building a protective wall around oneself Enclosing oneself within Feeling extremely vulnerable	Gastropods Fishes Withdrawing inside the shell at the slightest sign of danger, otherwise wanting to be out	Birds Lac humanum Free but within a boundary Caring for extended family Feeling caged & nourished or being free and insecure	Lac caninum Herd animals The survival of the mammals (esp. herd) the need to be part of the group or family The need for the family to be united and stable	Cephalopods Spiders Insects Lac equinum Ambra grisea High activity, high speed, high restlessness, the need to move Threatened feeling as if danger is round the corner Trapped Tied	Reptiles Lac leoninum Fight to the finish Kill or be killed Attack

Mineral Issues	2nd row left side: Lith, Beryl, Bor The need for a womb The need to be enclosed The need to be a part of another entity Not having a separate existence Not able to face the world	Carbon Needing to stay safe inside the womb but at the same time wanting to come out and be separated	3rd row Love, care, relationship, nourishment, identity, choice, sympathy, trust, caring, the need to live within established boundaries of behaviour etc.	4th row Money, family, health, home, job, routine	2nd row right side: Nitro, Oxy, Fluor, Neon, Ammoniums Feeling of suffocation, claustrophobia 5th row: The need for performance, creativity, out of the box thinking	6th row Power Responsibility Dictatorial Leadership Decision making
Dicot Sensitivity	Magnolidae Extreme sensitivity to the slightest things or insensitivity/ Anaesthesia	Hammamalidae Heavy & closed with the feeling of dull, grey & monotonous Light & open with feeling of stimulation and excitement	Caryophylidae Expansion & contraction Shrinking & expanding Limiting & free	Dileniidae Sensitivity to any change, disturbance and movement	Rosidae Tightness Stiffness Tied Bound Need to move Get out	Asteridae Shock Injury Fright, terror Escape Kill Violence, aggression
Other plants	Mosses	Ferns		Gymnosperms		Fungi Lillies

Neuro- transmitter	Endorphins	Serotonin	GABA & Glutamate	Acetylcholine (parasympathetic)	Dopamine & Histamine	Noradrenaline (sympathetic)
Hormone	Melatonin	Estrogen	Oxytocin	T3	Testosterone	Cortisol/Adrenalin
Nosode			Ringworm	Medorrhinum	Tuberculinum Carcinosinum Leprominium	Syphilinum
Mind altering substances	Opioids	Cannabis	LSD Mescaline Alcohol	Diazepam	Cocaine Nicotine Caffeine	Methamphetamine
Remedy examples	Borax veneta Opium Mytilus edulis	Graphites Cannabis indica Helix tosta	Phosphorus Cactus grandiflora Falco peregrinus	Calcarea carbonica Bryonia Lac caninum	Argentum nitricum Anacardium Sepia	Mercurius solubilis Stramonium Naja
Key words	Shut off Shield	Enclosed and excited	Love and limit	Home Health	Achievement Performance	Violence Vehemence
Fairy tale	Sleeping beauty	Alice in wonderland	Little red riding hood	3 little pigs	Rapunzel	Hansel & Gretal
Movie	Bubble boy	Charlie and the chocolate factory	Titanic	Pursuit of happiness	Cliffhanger	Schindler's list The Godfather
Crisis response	Panic Feels overwhelmed Faintness They do not want to face it	Inertia They are not sure whether to face it or not and end up withdrawing	Striving They do their best to face it within their limits	Coping Managing to cope and deal with crisis to avoid any further disturbance	Mastery Developing new techniques and methods of dealing with the crisis	Leadership Introduces new policies/laws/ legislation to prevent the crisis affecting others



This work serves as a quick reference for those with a deep understanding of the Superclasses, gained through a systematic and detailed study of Superclasses in Homeopathy and practical guidance from Dr. Rajan Sankaran's courses and webinars. Relying solely on this chart without such a foundation is not recommended.

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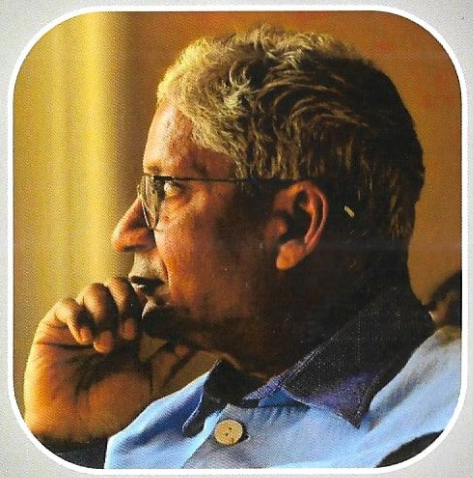

Superclasses: Quick Guide 2025 is a concise and practical reference for homeopaths, presenting the latest updates on Dr. Rajan Sankaran's groundbreaking Superclasses concept in an easy-to-use chart format. This book serves as a quick-access tool for practitioners who are already familiar with the Superclasses in Homeopathy textbook, where Dr. Sankaran explains the deeper philosophy and application of his method, including the 5-Finger Method - a powerful approach to case analysis and remedy selection.

This guide is not a substitute for the comprehensive textbook but a companion for those who have studied the principles in depth and wish to integrate them efficiently into practice. To fully understand and be able to apply this method we recommend the earlier books written by Dr. Sankaran and especially his book the Superclasses in Homeopathy.

About the Author:

Dr. Rajan Sankaran is a globally respected homeopath, teacher, and innovator whose work has transformed modern homeopathic practice. Known for his deep insights into the inner experience of remedies, he has pioneered many influential ideas, including Sensation Method, Superclasses, and the 5-Finger Method. His teachings continue to inspire practitioners worldwide, making homeopathy more precise, reliable, and effective.

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